



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 03290, Babyfood, carrots and beef, strained

Report Date: June 24, 2017 22:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
<strong>Proximates</strong>							
Water	g	87.30	--	--	13.10	98.65	98.65
Energy	kcal	59	--	--	9	67	67
Energy	kJ	247	--	--	37	279	279
Protein	g	3.40	--	--	0.51	3.84	3.84
Total lipid (fat)	g	2.50	--	--	0.38	2.83	2.83
Ash	g	0.70	--	--	0.10	0.79	0.79
Carbohydrate, by difference	g	5.70	--	--	0.85	6.44	6.44
Fiber, total dietary	g	2.6	--	--	0.4	2.9	2.9
Sugars, total	g	2.04	--	--	0.31	2.31	2.31
<strong>Minerals</strong>							
Calcium, Ca	mg	22	--	--	3	25	25
Iron, Fe	mg	0.50	--	--	0.07	0.56	0.56
Magnesium, Mg	mg	13	--	--	2	15	15
Phosphorus, P	mg	45	--	--	7	51	51
Potassium, K	mg	226	--	--	34	255	255
Sodium, Na	mg	69	--	--	10	78	78
Zinc, Zn	mg	0.80	--	--	0.12	0.90	0.90
Copper, Cu	mg	0.054	--	--	0.008	0.061	0.061
Manganese, Mn	mg	0.140	--	--	0.021	0.158	0.158
Selenium, Se	µg	2.8	--	--	0.4	3.2	3.2
<strong>Vitamins</strong>							
Vitamin C, total ascorbic acid	mg	0.8	--	--	0.1	0.9	0.9
Thiamin	mg	0.020	--	--	0.003	0.023	0.023

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
Riboflavin	mg	0.060	--	--	0.009	0.068	0.068
Niacin	mg	0.930	--	--	0.140	1.051	1.051
Vitamin B-6	mg	0.100	--	--	0.015	0.113	0.113
Folate, total	µg	17	--	--	3	19	19
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	17	--	--	3	19	19
Folate, DFE	µg	17	--	--	3	19	19
Choline, total	mg	15.9	--	--	2.4	18.0	18.0
Vitamin B-12	µg	0.30	--	--	0.04	0.34	0.34
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	723	--	--	108	817	817
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	6813	--	--	1022	7699	7699
Carotene, alpha	µg	3716	--	--	557	4199	4199
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	14452	--	--	2168	16331	16331
Lycopene	µg	1	--	--	0	1	1
Lutein + zeaxanthin	µg	139	--	--	21	157	157
Vitamin E (alpha-tocopherol)	mg	0.65	--	--	0.10	0.73	0.73
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	1	--	--	0	1	1
Vitamin K (phylloquinone)	µg	7.4	--	--	1.1	8.4	8.4
<b>Lipids</b>							
Fatty acids, total saturated	g	0.960	--	--	0.144	1.085	1.085
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.002	--	--	0.000	0.002	0.002
12:0	g	0.002	--	--	0.000	0.002	0.002
14:0	g	0.068	--	--	0.010	0.077	0.077
16:0	g	0.546	--	--	0.082	0.617	0.617

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
18:0	g	0.285	--	--	0.043	0.322	0.322
Fatty acids, total monounsaturated	g	1.060	--	--	0.159	1.198	1.198
16:1 undifferentiated	g	0.090	--	--	0.013	0.102	0.102
18:1 undifferentiated	g	0.923	--	--	0.138	1.043	1.043
20:1	g	0.002	--	--	0.000	0.002	0.002
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.130	--	--	0.020	0.147	0.147
18:2 undifferentiated	g	0.067	--	--	0.010	0.076	0.076
18:3 undifferentiated	g	0.010	--	--	0.002	0.011	0.011
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.009	--	--	0.001	0.010	0.010
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	8	--	--	1	9	9

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0